

# IMPORTANT INFORMATION

ABOUT THE NEW

# FLU VIRUS

**1** Cough or sneeze into a paper handkerchief or the crook of your elbow

**2** Wash your hands thoroughly and often

**3** Stay at home for 7 days if you become ill with the flu



Norwegian Institute of Public Health



Helsedirektoratet

Norwegian Directorate of Health

# NEW INFLUENZA A (H1N1), ALSO KNOWN AS SWINE FLU

This strain of influenza is caused by a new virus against which few people have any immunity. Fortunately, most people's symptoms are no more severe than those caused by the normal seasonal flu virus. However, some people do become seriously ill. That is why we must all do what we can to limit the spread of the disease until a vaccine becomes available.

We are constantly learning more and more about this new strain of flu. As a result our advice may change, and it is important that you keep up to date at **[www.pandemi.no](http://www.pandemi.no)**. You can also call our helpline on **815 550 15** with general questions about how the virus is transmitted and what you can do to protect yourself. If you have specific questions about your own health, you must contact your local healthcare provider.

Regards,



A blue ink signature of Bjørn-Inge Larsen.

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A blue ink signature of Geir Stene Larsen.

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# 1 Reduce the spread

Influenza is transmitted from person to person mainly through coughing, sneezing and close contact with someone who is already ill. The virus can also be transmitted from someone's hands to objects such as door handles, where it can survive for a short while. If you get the virus on your hands and touch your nose or mouth, you may become infected. However, the risk of becoming infected in this way is much less than from direct contact with someone who is ill.

## You can reduce the risk of infection by:

- coughing into a paper handkerchief, which you throw away after use, or into the crook of your elbow.
- frequently washing your hands thoroughly with soap and water. Use an alcohol-based hand gel if you do not have access to soap and water.
- caring for anyone who is sick, but avoid close contact where possible.



# 2 Do you feel ill?

The symptoms of influenza are a high temperature, cough, sore throat, aching muscles, headache, shivering and fatigue. Some people also suffer from diarrhoea or vomiting. The illness usually starts with a temperature and a feeling of being unwell. If you experience any such symptoms, you are probably suffering from the new type of flu.

## Follow this advice:

- Stay at home for 7 days after you started feeling ill.
- Keep sick children away from school or preschool for the same amount of time.
- Accept help and care, but as far as possible avoid close contact with other people.
- Otherwise do what you would normally do when you are ill. If necessary take appropriate medication to reduce your temperature, rest, drink plenty of fluids and follow the advice above about sneezing and hand-washing.
- If you need to contact a healthcare provider, use the phone to avoid infecting other people.

## Contact your healthcare provider if:

- you feel extremely unwell.
- you have symptoms and you, or anyone in your household, belongs to one of the higher risk groups (see point 3).

# 3 Higher risk groups

Some people may become more seriously ill as a result of the new type of influenza.

## This applies to adults and children with:

- chronic pulmonary diseases, cardiovascular diseases, reduced lung capacity
- reduced immune function
- diabetes types 1 and 2
- chronic kidney failure
- serious neurological conditions

Pregnant women may also be more vulnerable.

If you belong to any of these categories, it is important that you contact your doctor:

- if you have any symptoms.
- if you live with someone who becomes ill.
- if you know that you have been exposed to the virus.



This leaflet is available in several languages, visit **[www.pandemi.no](http://www.pandemi.no)**

## More information

Information regarding the new strain of flu is regularly updated. Visit **[www.pandemi.no](http://www.pandemi.no)** regularly to keep up with developments.

